



San José Prepared !

Make A Plan * Build A Kit * Be Prepared* Get Involved



Winter 2007

People with Special Needs



Many San Jose residents have expressed interest in the appropriate procedures to help people with disabilities and/or adaptive equipment such as wheelchairs.

The goal of San Jose **Prepared!** is to empower individuals to effectively assist themselves and others in time of disaster. For people with special challenges this means planning and preparing at a very personal level. We recommend having a “disaster buddy” or network of people who will be qualified to help during a disaster. Those people could be friends, neighbors, a caregiver or other individuals who know how to best meet the individual’s personal needs.

In the advent of a major disaster , this includes making plans for evacuation and transportation.



This evacuation plan should be practiced from home, work and any other place where meaningful time is spent.

Remember, how prepared you are will shape your personal experience in time of disaster.

We recommend that people with disabilities keep a flashlight with extra batteries, a whistle and red flag next to your bed. If you become trapped hang the

Winter 2007 Events

San Jose Prepared ! CERT Trainings

Our 20 hour CERT courses have been taught since 1995. We are in the process of updating these trainings to better meet the needs of San Jose residents. We will be posting new class dates on our website as soon as we are finished with this process. Please bear with us as we work through this process.

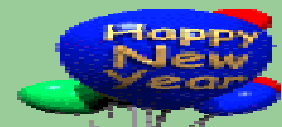
Home and Family Disaster Preparedness

The Office of Emergency Services has a new two hour course we have just begun to offer to San Jose residents in 2007. Course content includes hazards you should prepare for in San Jose, ways to reduce the risk of loss and injury before disaster, how to create a family disaster plan, what you should include in your personal and family disaster supplies, and ways for you to become more disaster prepared. To request this free course to a group of **ten** or more folks in your neighborhood call 277-4598 or e-mail sjprepared@sanjoseca.gov. Empower yourself and your community by enrolling today.

January Class Schedule

June 8-Pala Middle School PTA

January 12 County wide CERT exercise— 8:30am.-3 pm. see page 4 for details. Please sign up at the eventbrite website.



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flag in the window or use the whistle or flashlight to attract attention. You should also keep a cell phone nearby.

If you have a hearing impairment , install visible fire alarms with a flashing strobe light. If you rely on electricity for life support or mobility, consider buying a small back-up generator.

If you would like more information about how to prepare for yourself and others with special needs here are some helpful online links that highlight the ways to help according to different disabilities and needs. These websites which will go into detail on how to effectively mitigate and offer a help to people with disabilities of different sorts.

Websites

www.usfa.dhs.gov/downloads/pdf/publications/FA-235-508.pdf

www.redcross.org/services/disaster/beprepared/disability.pdf.

www.nod.org



New Staff for Office of Emergency Services

There are lots of new developments with Office of Emergency Services training staff. Two new training specialists who have been recently hired will be on board in January 2008. Look for more details in our next newsletter.

Teri Allen, Training Specialist for the Office of Emergency Services will be retiring in January 2008, after 30 years of Service with the City of San Jose. Congratulations to Teri.!

The City of San Jose Office of Emergency Services



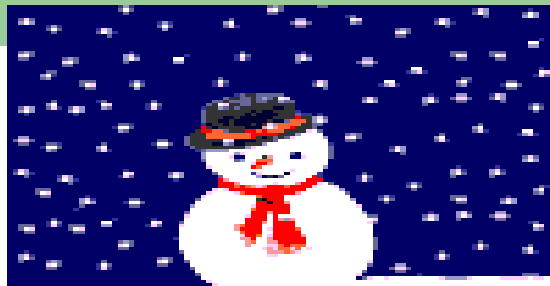
The City of San José is looking for volunteer instructors to teach our two hour Home and Family Disaster Preparedness Course. We need people willing to teach in English, Spanish or Vietnamese. If you know anyone who might be interested and available during the evening, weekends and /or daytime hours please contact Teri Allen @ 408-277- 4598. Teaching experience is a plus.

Winter Fire Tips

From San Jose Fire Dept

According to the United State Fire Administration, more that 4,000 Americans die each year in fires; eighty-two percent of those occur in the home (USFA). The San Jose Fire Department provides the following holiday fire safety tips to lessen the possibility of having a fire in your home and increase your chances of survival should a fire occur:

- If possible, sleep with all bedroom doors closed to prevent the movement of smoke; use a monitor to listen to your young children.
- Keep at least one fire extinguisher in your home and know how to use it.
- Have a working smoke detector in each bedroom and on each level of your home. A working smoke alarm reduces one's chances of dying in a fire by nearly a half (USFA).
- Avoid using lit candles. If you do use them, make sure they are in stable holders and place them where they cannot be easily knocked over. Never leave the house with candles burning.
- Maintain your chimney. Make sure the flue is open and use a screen to enclose the front of your fireplace to confine live embers and sparks.
- Keep matches, lighters and candles out of the reach of young children.
- Plan and practice an emergency escape plan with your entire family.



Special Thanks to PGE

We would like to thank the Pacific Gas and Electric Company for the amount of \$5,000 to the San Jose ***Prepared!*** program. This funding will be used to increase preparedness through public education and awareness.

Attention All San Jose Prepared!
CERT Graduates!
2008 Santa Clara County CERT Exercise
Saturday
January 12, 2008

Moffett

Field

Moffett Blvd. @ Highway 101

8:30-3pm.

CERT Search and Rescue refresher training! Hands on search and rescue practice. One hour training blocks. Pick your preferred time. Start the new year off right.

Practice safety assessment

- Size Up
- Search communications planning
- Documentation of response and findings
- Rescue action planning



You can sign up for any one hour block of time. Register at
www.sccountycertexercise.eventbrite.com
Contact Teri Allen at 277-4595 if you need more information.

This event is hosted by the Santa Clara County Emergency Managers CERT Committee.

Fliers and training materials can be made available upon request in alternate formats, such as Braille, large print, audio recording or accessible electronic format. Requests can be made by calling (408) 277-4595 or (408) 294-9337 (TTY/TDD). The California Relay Service (711 or 1-800-735-2929) may be also used to contact our office.